

Resources – Podcasts & Apps



Podcasts and apps can offer education, reassurance, and a sense of shared experience. However, they cannot respond to your individual history, emotional needs, or personal circumstances.

If you'd like personalised support alongside the resources you're engaging with, I offer a safe and confidential space to explore what's coming up for you. You're welcome to get in touch to arrange an initial conversation and see whether working together feels right.

General Mental Health

Podcasts

Happy Place (Fearne Cotton): Interviews with guests about happiness, mindfulness, and mental health.

Feel Better, Live More (Dr. Rangan Chatterjee): A top UK health podcast focusing on holistic, actionable wellness.

Mental Health Monday (Mick Coyle): Features no-stigma, practical conversations about mental health with experts and people with lived experience.

The Mental Illness Happy Hour: A podcast for people affected by addiction, trauma, and depression, offering a place to connect.

How to Fail with Elizabeth Day: Celebrates failures as a way to learn and grow.

Just One Thing - with Michael Mosley: Simple steps to boost health and wellbeing.

The Kind Place Podcast (British Red Cross): Explores loneliness and mental health, with coping strategies.

You Are Not a Frog (Dr. Rachel Morris): Helps professionals in high-pressure roles manage stress and avoid burnout.



Free or Free to Try Apps

#StayAlive: A suicide prevention app with a customizable safety plan, grounding exercises, and crisis resources.

Calm Harm: A widely recommended free app for managing the urge to self-harm, providing tasks for distraction.

Clear Fear: An app developed by stem4 to help manage anxiety symptoms using Cognitive Behavioural Therapy (CBT) techniques.

SAM (Self-help for Anxiety Management): A user-friendly app for tracking and managing anxiety.

WorryTree: A CBT-based app to help track and manage daily worries.

Catch It: A simple, free app that helps you manage negative thoughts and look at problems differently.

Smiling Mind: A non-profit, free app developed by psychologists for mindfulness meditation.

Unmind: A platform offering tools for stress, sleep, and coping, often free via employers or the NHS.

Finch: A self-care pet app designed to improve mental health through daily goal tracking.

Paid Subscription Apps

Calm: Excellent for sleep stories and guided meditation (roughly £28.99–£40/year).

Headspace: Premier app for learning mindfulness, with high-quality, structured courses (approx. £9.99/month, free 2-week trial).

Waking Up (Sam Harris): Focuses on the philosophy and neuroscience behind meditation.

Disclaimer: These apps are designed to support mental health, but they are not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, contact a professional service like the Samaritans (116 123)

Menopause



Podcasts

Available from wherever you get your podcasts.

The Dr Louise Newson Podcast

"Is It Hot in Here?" Podcast with Dr. Naomi Potter

The Shift with Sam Baker

Making Menopause Matter Podcast

Better, Live More: "Everything You Need to Know About Menopause with Professor Annice Mukherjee"

The Happy Menopause with Jackie Lynch

The Latte Lounge Podcast with Katie Taylor

Midpoint with Gabby Logan

Menopause Whilst Black with Karen Arthur

Menopause and Cancer with Danni Binnington

Meera's Menopause Podcast with Meera Bhogal

Free or Free to Try Apps

<https://www.balance-menopause.com/balance-app/>

Balance-Menopause App Founded by Dr. Louise Newson, this app is highly regarded for being 100% free (with an optional paid upgrade) and is certified by ORCHA. It allows you to track symptoms, generate health reports for GP appointments, and access expert content.

<https://healthandher.com/pages/menopause-perimenopause-app>

Health & Her Menopause App (Best for Advice): Ranked as the number one menopause app by ORCHA in April 2023. It provides a free, comprehensive symptom tracker and personalized advice, along with a library of resources on nutrition, sleep, and fitness.



<https://helloclue.com/>

Clue (Best for Cycle Tracking): A well-established app that has expanded its features to include detailed perimenopause and menopause symptom tracking. It is excellent for monitoring changes in cycle regularity.

<https://helloclue.com/>

MenoLabs Focuses on community, allowing users to track symptoms, share experiences, and access educational resources

Paid Subscription Apps

<https://www.balance-menopause.com/balanceplus/>

Balance+ (Premium): The paid version of the Balance app, offering a "medically approved health and wellbeing companion" with personalized, exclusive content for £9.99/month or £89.99/annually.

<https://www.owningyourmenopause.com/>

Owning Your Menopause (OYM): A paid, community-focused platform offering expert-led workouts, nutrition, and GP-led webinars for midlife women, with subscriptions from £16.99/month.

<https://www.onstella.com/>

Stella (formerly Vira Health): Offers a 15-minute free assessment, but provides personalized, paid online clinics for £45 for expert consultations.



<https://heyperry.com/>

Perry is a community platform offering support, connection, and shared experience for individuals navigating the menopause transition. It provides a safe space to engage with others, build friendships, and access peer-led understanding through its "Perry Sisterhood" network.

Apps for Specific Symptoms

<https://clarityco.lovable.app/>

Clarity: A mindfulness app designed specifically for women over 40 to help manage symptoms like hot flushes and anxiety.

<https://squeezezyapp.com/women/>

Squeezezy: A recommended app for pelvic floor exercises.

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These podcasts and apps are designed to support mental wellbeing, but they are not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis or need immediate support, please contact the Samaritans on 116 123, or seek urgent help and call 999.